



Soldiers of Co. A, 2-27th Inf. Regt., 3rd BCT, 25th ID, maneuver through rough terrain to descend a hill on KR5 range, Jan. 8.

Story and photos by
SGT. BRIAN C. ERICKSON
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — With the sound of bullets in the air, with boots and uniforms caked with mud, Soldiers from 2nd Battalion, 27th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, advanced on a targeted location during a live-fire exercise on KR5 range, Jan. 8.

The purpose of this operation was to evaluate and certify all platoon leaders as capable of multi-echelon synchronization and decision-making under a stressful environment.

Running Jan. 7-12, a different platoon was scheduled to complete the complex operation each day.

According to the battalion commander, this field problem was designed to be as lifelike as possible.

“The concept for this exercise is so complex in order to make it as realistic as possible without endangering our Soldiers,” said Lt. Col. Kevin J. Williams, commander, 2-27th Inf. Regt.

To make this range replicate combat situations, enablers were used throughout the exercise.

During the mission, each platoon leader had to communicate with the Air Force support element, a mortar team and mounted vehicles at the same time as guiding Soldiers on the ground.

See LFX A-4

Platoon leaders put to the test in LFX

Realistic training shows ability to rapidly deploy

Story and photo by
STAFF SGT. CARLOS DAVIS
2nd Stryker Brigade Combat Team
25th Infantry Division

JOINT BASE PEARL HARBOR-HICKAM — Soldiers from 2nd Battalion, 11th Field Artillery Regiment, 2nd Stryker Brigade Combat Team, 25th Infantry Division, demonstrated their ability to rapidly deploy in support of a 25th ID Contingency Response Force (CRF) mission by working with Airmen from the 535th Airlift Squadron, 15th Wing, side-by-side, here, Jan. 8.

The CRF mission is designed to rapidly deploy Soldiers within the Asia-Pacific’s area of responsibility to provide humanitarian assistance and/or combat operations.

“Today’s loading of our M777 howitzers onto a C-17 aircraft was a great opportunity to rehearse our ability to rapidly deploy to anywhere in the U.S.’s Pacific Command area of operations or around the world,” said Maj. Sean McEwen, the operations officer assigned to 2-11th FAR. “Within a few hours, our howitzers can be airborne and en route to any contingency, bringing precise and lethal firepower to support 2nd BCT.”

By conducting realistic training, 2nd SBCT demonstrates its ability to respond and provide assistants in a moment’s notice.

“This training serves as two purposes,” said 1st Lt. Patrick Finnerty, platoon leader, Battery A, 2-11th FAR. “First, we are able to go

through our standard operating procedures for a deploying a unit and fixing any necessary changes. Second, by going to the Big Island, we are able to train and shoot different fire missions we normally wouldn’t be able to do on Schofield.”

The unit is able to meet the brigade commander’s intent, maximize training and ensure readiness is maintained by training on the Big Island.

“The leaders and Soldiers of Gator Battery (A/2-11th FAR) did an excellent job demonstrating their high level of readiness,” said McEwen. “They progressed through all inspections flawlessly, clearly demonstrating their ability to rapidly alert, marshal and deploy on short notice.”

By working with the Air Force, the unit also learned the capabilities of C-17 aircraft.

“We learned some important lessons today about working with the Air Force and loading our equipment and personnel onto these aircraft,” McEwen stated. “The C-17s reduce our deployment time to a contingency from days and weeks down to hours, and it’s imperative that we learn together how to accomplish this mission.”

The 2nd SBCT is committed to being a vital and ready fighting force by conducting realistic and challenging training that provides leaders and Soldiers hands-on experience as they continue to prepare for the CRF mission.



Soldiers from the 25th Infantry Division drive their humvees onto the USNS Sgt. Matej Kocak during cargo load-out, Jan. 6, at Pearl Harbor. The load-out continued through Jan. 7, and the Kocak departed soon thereafter.

Coordination speeds load-out

Story and photo by
DONNA KLAPAKIS
599th Transportation Brigade Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — The 599th Transportation Brigade teamed up with Fleet Logistics Center Pearl Harbor, Military Sealift Command, and the 25th Infantry Division to conduct Pacific Pathways port operations, here, Jan. 6-7.

Members of the 599th Trans. Bde. headquarters staff and a deployment and distribution management team (DDMT) from the Guam Detachment and the 836th Transportation Battalion stationed at Yokohama North Dock, Japan, made up the 599th element of the load-out team.

eration with different services and agencies involved. Everyone strived to achieve success in a complex and challenging operation,” said John Manahane, 599th traffic management specialist.

Pedro “Pete” Lujan, acting Guam Detachment chief, agreed.

“Good coordination is the key to a successful load-out in an operation with so many actors and moving parts,” Lujan said.

James Luxemburg, 836th Transportation Battalion information technology specialist, said technical problems were solved before the operation began.

“We knew that our scanners were not compatible with Pearl Harbor’s system the last



Cannoneers load an M777 howitzer aboard a C-17 Globemaster III at JBPHH, Jan. 8, to demonstrate the ability of the 2-11th FAR, 2nd SBCT, 25th ID, and the Air Force’s 535th Airlift Squadron, 15th Wing, to quickly respond to situations.

“Good coordination is the key to a successful load out in an operation with so many actors and moving parts.”

— Pedro “Pete” Lujan
Acting Guam Detachment Chief

Twenty-four hour port operations enabled the team and contractors to move more than 300 pieces of cargo and equipment in just two days.

“The operations at FLC-Pearl Harbor in support of Pacific Pathways 15-1 load-out of task force equipment was a multi-agency port op-

time, so we brought our own equipment and connected through our D-GATES (Deployable Global Air Transportation Execution System) system in Yokohama. We worked that out Monday before the main part of the move,” he said.

See LOAD-OUT A-4



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Commander, U.S. Army Garrison-Hawaii
Col. Richard A. Fromm
Garrison Command Sergeant Major
CSM Louis C. Felicioni
Director, Public Affairs
Dennis C. Drake
656-3154
Chief, Internal Communication
Aiko Rose Brum, 656-3155
aiko.brum@us.army.mil
News Editor
John Reese, 656-3488
news@hawaiiarmyweekly.com
Pau Hana Editor
Jack Wiers, 656-3157
community@hawaiiarmyweekly.com
Staff Writer and Photo Editor
Karen A. Iwamoto, 656-3150
reporter@hawaiiarmyweekly.com
Layout
Estrella Dela Cruz-Araiza
Advertising: 529-4700
Classifieds: 521-9111
Address:
Public Affairs Office
745 Wright Ave., WAAF Building 107, 2nd Floor
Schofield Barracks, HI 96857-5000
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3-7th FA ‘Never Broken’ changes command

STAFF SGT. CATRINA HERBERT
3rd Brigade Combat Team Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The “Never Broken” field artillery battalion welcomed Lt. Col. Kenneth D. Slover and bid farewell to Lt. Col. George L. Hammar IV, here, during a change of command ceremony, Jan. 8.

The 3rd Battalion, 7th Field Artillery Regiment, 3rd Brigade Combat Team, 25th Infantry Division’s history dates back to World War I. It was originally constituted as the 7th FAR and activated in July, 1916, at Fort Sam Houston, Texas. Arriving in France with the 1st Division in 1917, the 7th FAR fired the first American rounds of World War I.

“The title commander is not a name of honor; it is not a position of prestige. It is not to be viewed as some privilege, some reward, or some deserved merit,” said Col. Scott Kelly, 3rd BCT commander. “It is not a stepping-stone to promotion, nor the fulfillment of some ‘lifelong’ dream. It is not an entitlement, though it does come with entitlements.

“Commanders are entitled to work harder, grieve harder, to give more, worry more and sacrifice more of themselves and their families for the good of the unit than anyone else,” Kelly continued, “and that is all that a commander is entitled to.

“Ken Slover has already earned himself a great reputation across the 25th by his work within Division Artillery. I am very excited to get to know him and his wife Michelle as they assume leadership for this battalion and become part of the Bronco team,” said Kelly.

Slover thanked Hammar for “developing such a unit with the finest Soldiers in the Army” before addressing the troops.

“To the Soldiers of the Lucky 7th, you represent less than 2 percent of Americans that have volunteered for and continue to defend this great nation. It is with your selfless sacrifice and professional service that you keep the American populace safe and able to enjoy the liberties of our constitution,” said Slover. “You are the very best of America’s sons and daughters, and I am honored to be able to serve with you.”

Upholding the rich history and traditions of the Never Broken battalion, Hammar said, “It’s hard to believe that my two years as ‘Never Broken Six’ have come to an end. I look at this in bitter-sweet reflection.”

As he stood before his battalion, he thanked all who supported him through his tenure as their battalion commander.

“You are a great battalion because of your teamwork and discipline. I challenge you to maintain what you started these last two years. Be, know and do your job. Never let the infantry wait on



Staff Sgt. Tramel Garrett, 25th ID Public Affairs

(From left) Incoming commander Lt. Col. Kenneth D. Slover, Col. Brian Eifler and outgoing ‘Never Broken’ commander Lt. Col. George L. Hammar IV pass before the “Soldiers of the Lucky 7th” during a change of command ceremony, Jan. 8, on Schofield Barracks’ Weyland Field.

fires, never be satisfied with fair enough, always look and demand more, and be at the point of friction making the adjustments needed to be the best, and I know

you will always succeed,” he said. During Hammar’s time, 3-7th FAR was the first Army battery to go through the Jungle Operation Course since 1999.

LETTER TO THE EDITOR

Should the garrison be concerned about sidewalks?

REILEY KRAMER

Schofield Barracks Family Member

SCHOFIELD BARRACKS — You think you’re safe when you’re walking through the neighborhood on the sidewalk.

Are you really?

If you think so, you are wrong.

Every year, people are injured walking on or around sidewalks. Children are falling off of bicycles, joggers are breaking bones and spraining ankles, and people in wheelchairs are struggling to get over cracks and unlevelled sidewalks.

Per the National Health and Transportation Safety Administration, thousands of nonvehicular pedestrian accidents occur every year. Poor maintenance, sidewalk defects and other debris are causing these accidents.

Every year, Honolulu receives around 3,000 damaged sidewalk complaints.

In 2011, the city of Honolulu awarded a woman \$1 million as a result from



File photo

Uneveled sidewalks result in thousands of complaints in Honolulu every year and are the cause of numerous injuries to joggers, bicyclists and children.

falling on a damaged sidewalk. In 2012, New York City paid out \$54 million in settlements due to defective sidewalks.

Chicago received 485 “trip and fall” lawsuits and paid out \$6 million between 2006-2013.

FOOTSTEPS in FAITH

We should remember Dr. King for his pastor’s voice

CHAPLAIN (COL.) MIKE DUGAL
U.S. Army-Pacific

When you think of Dr. Martin Luther King Jr., what title do you attribute to him: civil rights leader, activist, pacifist, radical, agitator, scholar, sojourner, prophet or pastor?

Yes, pastor!

Did you know that Dr. King was the pastor of Ebenezer Baptist Church in Atlanta, Georgia, from 1960 until his untimely death in 1968? Before that, he was pastor of the Dexter Avenue Baptist Church

in Montgomery, Alabama.

The most well known speech of Dr. King’s oratory history is his “I Have A Dream” speech, which was delivered in 1963 on the steps of the Lincoln Memorial in Washington.

Few of us may be aware of his equally dynamic sermons that reflect his deep faith and conviction, that all men are created equal in the image of God. His belief in God and duty to his fellow man ignited the fire for his thirst for racial equality and human dignity.

Following are some of his faith-based quotes that need to be heard once again:

•“Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that.”

•“Forgiveness is not an occasional act. It is a permanent attitude.”

•“Faith is taking the first step even when you don’t see the whole staircase.”

•“Life’s most persistent and urgent question is, ‘What are you doing for others?’”

•“Love is the only force capable of transforming an enemy into friend.”

As we pause to recognize and celebrate this national holiday, may we dare to hear this pastor’s voice regarding faith, love and dignity of others. Dr. King’s prophetic voice can never be limited to birthing hope only for our African-American community. His pastoral words of forgiveness, faith and freedom birth hope for all who are mistreated and ridiculed regardless of faith, gender, creed, color, ethnicity or culture. His historic voice constantly calls us to be better than we are presently.

I challenge you to embrace his passion and desire to honor all people; may we start where we are and proceed to something better and greater than ourselves. Remember his words:

*“If you can’t fly, then run,
If you can’t run, then walk,
If you can’t walk, then crawl,
But whatever you do,
You have to keep moving forward.”*

May all of us be found guilty of moving forward to better our relationships, to better our families, to better our community and to better our Army.

As Dr. King said, “What are you doing for others?”

RELATED STORY

• For more on Martin Luther King Jr., see page B-1.



Voices of Ohana

Martin Luther King Jr. Day

Question: What is your dream for a better world?

Photos by Hawaii Army Weekly



“A world where everybody can get along.”

Sgt. John Burdette
2-11th FAR, 25th ID



“Show more love to one another do service for your fellow man.”

Angel Clapp
Army spouse



“Be more accepting of others and more supportive of each other.”

Cheryl Heberlein
Army spouse



“For people to be more generous and kind with one another.”

Jamie Swope
Army spouse



“Understanding that everybody is different and you have to actively pursue your dreams.”

Leonard Webster
EFMP director, ACS-Hawaii

Veteran caretakers continue service at NMCP

Story and photo by
STAFF SGT. CHRIS HUBENTHAL
Defense Media Activity, Hawaii News Bureau

HONOLULU — The National Memorial Cemetery of the Pacific (NMCP) is the final resting place for many military veterans who served across the globe.

The gravesites and memories of these men and women are maintained with dignity, compassion and respect by military veteran caretakers, every day, to ensure they are honored.

Seventeen veteran caretakers are responsible for the upkeep of 112.5 acres of land that serves as the resting place for 55,000 individuals interred. They also ensure the preservation of the memorials at the Honolulu Memorial’s Courts of the Missing.

The memorials honor 18,096 veterans who served in World War II, 8,200 veterans who served in the Korean War, and 2,504 veterans who served in the Vietnam War.

Charles Winder, NMCP caretaker, and Navy and Army veteran, works meticulously to ensure that the work he does at the cemetery is the best that he can deliver.

“What we do is very detail oriented,” Winder said. “To us, the small things matter and keeping a nice, neat appearance, a professional appearance, is very important because the veterans that made the ultimate sacrifice for us deserve nothing less. We take our mission statement very seriously.”

Caretakers’ responsibilities at the cemetery are diverse, with tasks to provide maintenance, turf management, irrigation, and aiding in con-

ducting burials and interments. The work that Winder does is more than just a job for him.

“It’s a very emotional feeling that fills me with pride that I have the privilege to take care of our nation’s vets,” Winder said. “I get heartfelt ‘thanks’ on a daily basis, so it’s a very rewarding job. And being a veteran myself, one day I plan to be interred here. What a great feeling to know that I will lie next to our nation’s heroes and that I will be taken care of just as well.”

Working with veterans at the NMCP reminds some caretakers of when they served years earlier and acts as a way to be a part of something greater.

“I thought it would be great to work with veterans,” said Misty Dods, NMCP caretaker and Army veteran. “I remember getting issued my uniform and standing in formation in the brigade. It was an awakening for me to know that I was going to be a part of something great. It was a proud moment ... a tear-eyed moment for me, and continues on today.”

Chris Farley, NMCP caretaker and Navy veteran, attributes much of his success to his parents. His father served as a fighter pilot in the Marines and his mother worked as a registered nurse. Both of Farley’s parents are now at rest at the NMCP.

“It’s nice to be here and to take care of the grounds with this memory right here,” Farley said. “My father was a big influence on my life. He was a Marine aviator, so I had been around Marine and Navy bases up until then. Of course, he motivated me in a few other ways, so I joined the Navy. He made me proud being in



Chris Farley, National Memorial Cemetery of the Pacific caretaker and military veteran, visits the grave of his parents at the NMCP, Dec. 18. Farley’s father, Bob Farley, served as a colonel in the Marines, and his mother, Nathalie Farley, worked as registered nurse. Farley served in the Navy from 1982 to 1985.

the service.”

Farley said that his daily work reminds him of the impact he and his coworkers have at the cemetery.

“I find myself reading the markers a lot when we’re doing maintenance,” Farley said. “There’s a picture in the office that shows a service, and the honor guard is handing the flag to a little boy. Ob-

viously he lost his dad, so I try to keep that in mind when I work here every day.”

Veterans like Winder, Dods and Farley continue to ensure the memory of the deceased and those who have fallen remains honored. Their work helps ensure that our nation’s heroes are respected and, for the approximately 5 million visitors a year, that their story lives on.

Preserving historic cemeteries to be highlighted in experts’ lectures

HISTORIC HAWAII FOUNDATION
News Release

HONOLULU — Six free public lectures will explore current issues and opportunities in preserving historic ceme-



Air Force Staff Sgt. Christopher Hubenthal

Caretakers maintain the graves at the National Memorial Cemetery of the Pacific.

teries through the annual historic preservation “Experts” lecture series, beginning Jan. 29.

The series will be held this year at the Hawai’i State Art Museum at 250 South Hotel St.

The theme of the 2015 lectures is “Preserving Our Historic Cemeteries.”

“Significant to all cultures and peoples, this is a subject of special concern in Hawai’i where burial sites of Native Hawaiians have long suffered from development pressures and lack of understanding. Increasingly, too, many gravesites in Hawai’i, including former plantation cemeteries and graveyards associated with rural chapels throughout the islands, are threatened by neglect and diminishing maintenance and care.

This series will serve as a first step in a greater effort to bring these concerns before the public,” notes Dr. William R. Chapman, director of the Historic Preservation Program at the University of Hawai’i, Mānoa and curator of the series.

●**Jan. 29:** Nanette Napoleon, Hawai’i Cemetery Research Project, “Gravestones

and History: Cemeteries as Genealogical Resources.”

●**Feb. 5:** Scott Pawlowski, World War II Valor in the Pacific National Park, “The Arizona Memorial: Maintaining a War Grave.”

●**Feb. 12:** Tonia Moy and Louis Fung, Fung Associates, “Punchbowl Memorial: Honoring Our Wartime Sacrifices.”

●**Feb. 19:** Laura Ruby, University of Hawai’i at Mānoa, “The Mo’ili’ili Japanese Cemetery: Preserving a Community Landmark.”

●**Feb. 26:** Richard Miller, Kalaupapa National Historic Park, “Saving a Special Heritage: Grave Marker Preservation at Kalaupapa.”

●**March 5:** Jessica Puff and Regina Hilo, Hawai’i State Historic Preservation Division, “Evaluating and Nominating Cemeteries and Burial Places: The State and National Register of Historic Places.”

All lectures are open to the public, free of charge and take place from noon to 1 p.m. at the Hawai’i State Art Museum located in the No. 1 Capitol Building at 250 South Hotel St.

Expert lectures

Created in 1988, the series began as a collaboration between the Historic Preservation Program, Department of American Studies, University of Hawai’i at Mānoa; Historic Hawai’i Foundation; and the Friends of ‘Iolani Palace.

Now in its 28th year, the lectures provide kama‘āina and tourists alike the opportunity to explore in more depth a particular aspect of the rich history of Hawai’i.

Historic Hawai’i Foundation is a statewide nonprofit organization that encourages the preservation of historic buildings, sites, communities and objects relating to the history of Hawai’i. Visit www.historichawaii.org.

Historic Preservation Program, Dept. of American Studies, UH at Mānoa, established a Graduate Certificate Program in Historic Preservation in 1986. The program, as part of the Dept. of American Studies, attempts to keep issues of cultural identity and the recognition of traditional cultural properties and heritage at the forefront of discussions and instruction. Visit www.hawaii.edu/amst/.

The Friends of ‘Iolani Palace organization supports, guides and manages Palace activities, providing caring stewardship for this Hawaiian landmark and national treasure. Visit www.iolanipalace.org.



DOD photo by D. Myles Cullen

18th Chairman of the Joint Chiefs of Staff Gen. Martin E. Dempsey speaks with a reporter during a recorded interview at the Pentagon, Jan. 9. Dempsey answered questions on topics such as the recent attack in Paris, ongoing operations against ISIL and the mission in Afghanistan.

Sony hacking shows need for cyber laws

AMAANI LYLE
DOD News, Defense Media Activity

WASHINGTON — The recent hacking of Sony Pictures, which the U.S. government has blamed on North Korea, demonstrates a need for new cyber legislation, championed for two years, the chairman of the Joint Chiefs of Staff said, Sunday.

Army Gen. Martin E. Dempsey said the hacking incident didn’t teach him anything new.

“It’s actually confirmed what I’ve been saying. Two years ago, I actually participated — and I’d like to think in some way led with Gen. Keith Alexander at the time — (in) the National Security Agency directive: an effort to get cyber legislation passed to account for two things that are vulnerabilities in our ability to protect ourselves in cyber,” the chairman said.

Alexander was NSA director at the time.

Need for standards, information sharing

“One is some level of standards, cyber standards,” Dempsey continued. “And the other was information sharing — the ability of the government and (the private sector) to share information about attacks, whether it’s the signatures of attacks or the actual occurrence of attacks. And we didn’t succeed two years ago.”

Cyber can be incredibly destructive and disruptive, the general said, with potential to disable critical infrastructure, which could lead to loss of life. Though the United States generally enjoys a significant military advantage, he added, that’s not the case in the cyber domain.

“We don’t have an advantage,” he said. “It’s a level playing field, and that makes this chairman very uncomfortable.”

New DTMS improves managment of training records

MIKE CASEY
Army News Service

FORT LEAVENWORTH, Kansas — Improve-ments to the Army’s premier training manage-ment tool makes it easier for commanders to plan exercises and keep track of their Soldiers’ training records.

The new version of the Digital Training Man-agement System (DTMS) launched at the end of 2014.

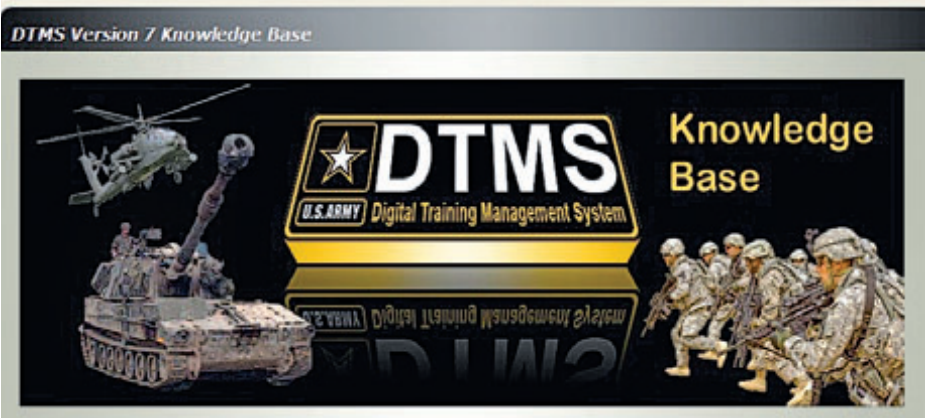
“Version 7 of DTMS reflects the changes that Soldiers and commanders wanted. DTMS is more powerful and is easier to use,” said Maj. Tripp Smith, project manager and help desk lead. “The new version helps commanders at each step of the training management process, from plan and prepare, to execute and assess. It also maintains a Soldier’s training history from hire to retire.”

DTMS allows users to communicate and coor-dinate across the chain of command. It also fea-tures calendars to plan and schedule training.


Here are some of the improvements:

- A new calendar drag and drop feature that fa-cilitates the scheduling of training events.
- Quick link shortcuts to frequently used func-tions, such as reports, unit organizational hierar-chy tree views and Soldier management.
- A job book and leader book function that as-sists small unit leaders in managing individual Soldier training and small unit collective training.

As Soldiers move to other units, their DTMS digital information follows them and is updated



DTMS
Learn more about the Digital Training Management System on the Army Train-ing Network at <https://dtms.army.mil/>.
For links to videos and manuals, call the help desk at 913-684-2700 or DSN 552-2700. Visit https://atn.army.mil/dsp_template.aspx?dpID=405.



digitally through the automated interfaces.

- Software updates that improve system perfor-mance and reliability, increase training man-agement support to divisions and above, and provide capabilities for future enhancements.
- A Course Manager tab that will replace the Resident Individual Training Management Sys-tem (RITMS), which Army schools and initial military training use to conduct institutional training management. The course manager tab in DTMS v7 will replace RITMS starting in March 2015 and will assist Training and Doctrine Com-mand units with managing testing, individual training records, classes, courses and other topics.

DTMS is a resource that touches Soldiers and commanders across the Army.

For unit leaders and trainers down to squad and even team leader, DTMS provides a digital version of the Soldier’s individual training record and job book and leader book to better inform training management decisions and reduce man-ual data entry as new Soldiers arrive and Sol-diers move to other units.

For commanders and training managers, DTMS provides an easily accessible record of training and replaces the old Mission Essential Task List crosswalk with a digital version, called the Combined Arms Training Strategy. It allows commanders to formulate a training plan and synchronize it with Army doctrine.

Commanders and training managers can also quickly query records to track the status of any unit or individual training, to include weapons

qualification, physical training, mandatory train-ing and other training completion information.

For all Soldiers, DTMS reduces manual data entry by recording data in a database that com-municates with other systems to automatically update records. DTMS populates the DTMS Wid-get on the “My Training Tab” on AKO and in-forms the individual user of his training status and provides access to the Soldier’s unit training schedule.

To help commanders use DTMS, more than 4,000 trainers and users across the Army have at-tended courses to learn about DTMS V7 and its improvements. DTMS is maintained by the Training Management Directorate at Fort Leav-enworth, Kansas. It is a subordinate organiza-tion of the Combined Arms Center-Training, which manages training support and training development programs.

(Editor’s note: Casey works at the Combined Arms Center-Training at Fort Leavenworth.)

LFX: Jungle night land nav is ‘harsh’

CONTINUED FROM A-1

“I think the complexity of this mission really came from using the enablers,” said Sgt. Brian Shelton, squad leader, 2nd Platoon, Company A, 2-27th Inf. Regt.

In order to complete the range tasks, each platoon leader had to lead Soldiers through both a day and night movement. But before the Soldiers could conduct the night opera-tion, they had to successfully complete day-time iterations of the mission with both blank and live ammunition.



Pvt. Kaleb Young, Alpha Company, 2-27th Inf. Regt., 3rd BCT, 25th ID, pulls security for his platoon during a live-fire exercise on KR5 range, Jan. 8.

According to the platoon sergeant, an in-fantryman has to hone and master his craft through the daytime before he can think of mastering night operations.

If the Soldiers thought the terrain was tough during the day, a squad leader con-firmed it was harder at night.

“During the night, everything out there blends together, making it real difficult to maneuver through the harsh terrain,” said Shelton.

By the end of the exercise, the command team will be able to confidently know whether or not the platoon leaders can han-dle their mission set according to the bat-talion command team.

Sequestration cuts require strategy change

AMAANI LYLE
DoD News, Defense Media Activity

WASHINGTON — Unless Congress changes the Budget Control Act, which now requires a return to sequestration-level spending cuts in 2016, the military will need to change its strat-egy, the chairman of the Joint Chiefs of Staff said in an interview broadcast, Sunday.

Army Gen. Martin E. Dempsey said the Army is drawing down from 570,000 Soldiers to 450,000, but he noted that a Pentagon analysis shows sequestration would drive that number to 420,000 — and even lower under some circumstances.

Sequestration would leave the military “far less able to do the things that we think the coun-try needs us to do,” Dempsey said.

Meanwhile, the United States continues to face threats from both state actors and non-state actors, the chairman said. Though he’s concerned about that, he added, the U.S. still is the most powerful nation in the world by any measure, and is likely to remain so — “unless we talk ourselves out of it and legislate ourselves out of it with things like the Budget Control Act.”

Thinking our way through the future
“What will get us through this is investing in

our human capital,” the chairman said, “be-cause we’re going to have to think our way through the future, not bludgeon our way through it.”

Dempsey also touched on the cyber domain, noting that the United States does not enjoy the same significant military advantages in that domain that it has in others.

A cyber attack can be disruptive, he said, and also could be destructive to hardware and crit-ical infrastructure.

“We don’t have an advantage — it’s a level playing field,” he said. “And that makes this chairman very uncomfortable.”



Illustration by Defense Media Activity

Unless the Budget Control Act is modified, sequestration spending cuts to the Army could drive the number of Soldiers lower than anticipated.

Load-out: 599th pulls graveyard shift for rapid cargo load

CONTINUED FROM A-1

Elizabeth Jimenez, supervisory transport spe-cialist at FLC-PH, had praise for the DDMT’s work.

“It’s great to have the DDMT here. We do a lot more of our cargo documentation electroni-cally since they have been coming. We used to do hand scanning and manual, but now we have gone away from manual. The DDMT is used to working with D-GATES, where we were not,” she said.

With 24-hour operations, part of the 599th el-

ement had to work the graveyard shift.

Gregory Pangelinan, transportation tech from the Guam Detachment, documented cargo throughout the night, as it came to the port and as it was loaded on the ship.

“We have to have an inventory of what comes into the yard and what goes onto the ship. We do all the scanning through the handheld scan-ners and then download to D-GATES for ac-countability. That way, when the ship gets to the other end of the journey, the people doing the offload know exactly what is onboard,” Pan-gelinan said.

The ship will make a stop in Okinawa, Japan, to pick up additional cargo and equipment for the Cobra Gold 2015 exercise on its way to Thailand. The 835th Transportation Battal-ion, stationed in Okinawa, will work the upload of cargo in Okinawa, as well as send a DDMT to Thailand to offload for exercise deployment.

Cobra Gold 2015 will focus on humanitarian assistance and disaster relief. In addition to about 15,000 troops from Thailand and the U.S., this iteration of the annual exercise will include Singapore, South Korea, Indonesia, Japan and Malaysia.

FIRST UAS CW5



Staff Sgt. Sean Everette, 25th Infantry Division Public Affairs

SCHOFIELD BARRACKS — Chief Warrant Officer 4 James Latson is promoted to Chief Warrant Officer 5 by Maj. Gen. Charles Flynn, commander, 25th Infantry Division, during a ceremony in front of the 25th ID Memorial, Jan. 8. Latson, who works in the 25th ID's G3 Air section, is the first person from the unmanned aircraft systems career field to be promoted to CW5 in the entire U.S. military.

“It’s an astounding rank,” Latson said. “There’s an awe factor. It’s been a long road. I started as enlisted aircraft maintenance, then became a war-rant officer and UH-60 Black Hawk pilot. After a few years, I was grounded for medical reasons. Instead of getting out, I switched over to this new, growing field of UAS, and I’m really honored to be in this field at this time and be considered its first (CW5).”

‘Women in Service Review’ due in 2016

AMAANI LYLE
Army News Service

WASHINGTON — Following the 2013 repeal of the Direct Ground Combat Definition and Assignment Rule, the secretary of defense is scheduled to announce final decisions to inte-grate remaining closed occupations and any approved exceptions to policy on or about Jan. 1, 2016.

Juliet Beyler, the Defense De-partment’s director of Offi-cer and Enlisted Person-nel Management, re-ported “good progress” in the Women in Service Review, which vali-dates all occupa-tional standards to ensure they are op-erational, rele-vant and gender-neutral by September 2015.

“Throughout the course of the review of the regulations governing women in the military, we determined that the time had come to do away with the direct ground combat rule and open all positions to women instead,” Beyler said.

The goal, she explained, is to expand oppor-tunities to ensure that all service members are eligible to serve in any capacity based on their abilities and qualifications, and to “remove those old gender-based barriers to service that no longer made sense.”



Since rescission of the definition and rule, Beyler said, the DOD has notified Congress of the integration of about 71,000 positions previ-ously closed to women. This development, she said, can positively affect the force by allowing people to serve based on their ability.

“Expanding opportunities to women, to in-clude the 71,000 we’ve already opened since 2013,” Beyler said, “(gives) a wider pool of qualified people so that commanders have greater flexibility ... and it’ll strengthen the all-vol-unteer force.”

More than 280,000 women have been deployed to Iraq and Afghanistan, includ-ing Beyler, who’s a two-time combat vet-eran.

“I like to say that women have been serv-ing in combat since the Revolutionary War, but the 280,000 that we’ve recently seen deployed have contributed in immeasur-able ways,” Beyler said.

She said there were various ways in which women were restricted from occupations under the direct ground combat rule, primarily preclu-sion from assignments to combat units below the brigade level.

“But there were other restrictions, such as for physical requirements or positions associat-ed with special operations or long-range re-connaissance,” she added. “We are reviewing all of the occupational standards.”

The services, she said, “are expending a good amount of their time on those 100-percent closed occupations.”

Exception to policy

Historically, the department had opened positions by exception, but it now has acknowl-edged it would make more sense to “flip the presumption,” Beyler said, so that all positions will be open to women unless there’s a rea-son that they should be closed.

Guidance to the services and to U.S. Spe-

cial Operations Command includes a provision in which a military department secretary or ser-vice chief can request an exception to policy to keep a position closed, according to Beyler.

“But any exception is going to have to be ri-gorously justified and will have to be based on the knowledge, skills and abilities required to per-form the duties of the position,” she said.

Tailoring training, accession needs

Regarding assignments, training and acces-sions, Beyler said those elements have been and will continue to be service responsibilities.

As defense secretary, Panetta directed each of the services and SOCOM to develop individual implementation plans tailored to their unique requirements, she said.

“As we have with the positions we’ve already opened and the ones that we’ll continue to open throughout the next year and beyond,” Beyler added, “each service will use the regular acces-sion and training assignment pipelines and timelines that they’ve always used.”

The process of opening more military occu-pations to women is about maintaining the all-volunteer force and readiness, Beyler said.

“More than 90 percent of our occupations are already open to women and 15 percent of our forces are women,” she said. “By remov-ing these antiquated gender-based barriers to service, it can only strengthen the all-volunteer force and allow people to serve based on their ability and their qualifications.”

(Note: Lyle works for DOD News, Defense Me-dia Activity.)

Free tax prep and advice is available

NICK SIMEONE
DOD News, Defense Media Activity

WASHINGTON — With the new year comes the annual dread of tax filing season and the confusion and stress that can go along with it, especially for military families whose tax returns can be further complicat-ed by frequent relocations, involvement of rental properties and other aspects of military life.

To ease the burden, the Defense Depart-ment, through Military OneSource, is team-ing again this year with H&R Block to offer no-cost tax preparation to the military com-munity with a promise of guaranteed accu-racy, a service that otherwise could cost mil-itary families hundreds of dollars or more.

No-cost consultation, tax preparation

Military OneSource offers no-cost tax con-sultation and no-cost tax preparation and filing to service and family members, as well as to reservists, regardless of activation sta-tus, survivors and separated service mem-bers until 180 days after their retirement, discharge or end of tour date, Anthony Jack-son, a Military OneSource program analyst, told DOD News.

Because it’s online, the service is avail-able to eligible tax filers, regardless of where they are.

“They can do one federal and up to three state tax returns — again, at no cost to the service or family member,” Jackson said.

New features this year

This year, he said, the service is adding features to accommodate those with special tax filing needs.

“If your tax situation includes rental prop-erty, charitable deductions or mortgage in-terest, this software can accommodate those particular situations,” he explained.

Tax experts also are available by phone at no cost for anyone who may have ques-tions before they get down to using the online tax preparation software.

“You’re getting individuals when you’re talking — tax consultants who are thorough-ly educated on the military situation, no mat-ter what it is,” Jackson said, including knowl-edge of special tax exemptions for combat duty and other situations unique to the military.

The tax service being offered by Military OneSource became active Tuesday.

Military OneSource was established by the Defense Department in 2002 to provide comprehensive information on military life, free of charge.





Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

Career Killer Debt — The threat of losing a security clearance is a hot-button item for service members, and some debt collectors have been known to use that threat as leverage to get a service member to pay.

Do they really have the power to get your clearance revoked? Visit the Consumer Financial Protection Bureau’s latest blog at www.consumerfinance.gov/blog/are-unpaid-debts-a-military-career-killer/.

Also, as part of its Know Before You Owe mortgage initiative, the CFPB is releasing “Owning a Home,” an interactive, online toolkit designed to help consumers as they shop for a mortgage. Read the press release at www.consumerfinance.gov/newsroom/cfpb-report-finds-nearly-half-of-borrowers-do-not-shop-for-a-mortgage/.

19 / Monday

TSP News — The financial markets and the Thrift Savings Plan will be closed today in observance of the Martin Luther King Jr. holiday. Transactions that would have been processed Monday night (Jan. 19) will be processed Tuesday night (Jan. 20) at Tuesday’s closing share prices.

•IRS Forms 1099-R, Distribution from Pensions, Annuities, Retirement or Profit-Sharing Plans, IRAs, Insurance Contracts, etc., will be posted in My Account and mailed by Jan. 31 to participants who received a

withdrawal up to Dec. 26, 2014, and/or a taxable distribution of a loan up to Dec. 31, 2014. (Taxable distributions declared on Dec. 29, 30 and 31 are taxable income for 2014.)

•TSP withdrawals processed the last three business days of December 2014 are considered taxable income for 2015, not 2014. The TSP will report them to you and to the Internal Revenue Service (IRS) on IRS Form 1099-R by Jan. 31, 2016.

27 / Tuesday

Listening Sessions — The Army will be conducting two Community Listening Sessions regarding proposed Army personnel reductions. The public is invited to hear from Army leaders on the proposed reductions and to provide input on how a reduction of up to 50,000 Army personnel and family members in Hawaii could affect them.

Both sessions will be hosted by Department of the Army leaders from Washington, D.C., and Maj. Gen. Charles Flynn, commander, U.S. Army Hawaii.

•**Jan. 27** — Hale Koa Hotel, Waikiki. Event parking at Hale Koa Hotel is \$5 with validation.

•**Jan. 28** — Leilehua High School. Free parking available. Both listening sessions will be from 6:30-9 p.m.

No stationing decisions have been made, yet; however, Army leaders anticipate an overall reduction of Soldiers will impact most every post nationwide.

More information is at U.S. Army-Hawaii Public Affairs, 656-3158/3159/3160

February

2 / Monday

Groundhogs and Keiki — A Junior Achievement job shadow pilot program for middle school students on Oahu takes place on Groundhog Day.

Past participating organizations have included those within the health care, hospitality, financial, technology and government sectors.

Visit jahawaii.com.



Today

STIP — HDOT invites the public to submit comments on the proposed STIP Revision #1 to the Federal Fiscal Year (FFY) 2015 to 2018 (+2) Statewide Transportation Improvement Program (STIP).

The STIP is a four-year plan that identifies state and county transportation projects to be funded, in part, with Federal Highway and Transit Funds.

The primary purpose of this revision is to address needed changes to the Federal Highway Administration (FHWA) funded projects due to shifts in project schedules, priorities and cost estimate increases or decreases that occurred through the project development process.

Visit <http://hidot.hawaii.gov/highways/revisions-for-2015-2018-2-stip/>.

Changes to the Oahu portion of the STIP are pending and are concurrently being processed as a Transportation Improvement Program. Visit www.oahu.mpo.org/plans-and-programs/transportation-improvement-program-tip/.

Comments on STIP Revision #1 will be accepted until Feb. 9. Call 587-6355.

Pierce Street — A 24-hour road closure between Fort Shafter’s Wisser Road and Bonney Loop that began Monday continues until Jan. 21. Lane closures between Wisser Road and Montgomery Drive will take place on Jan. 22-26. Lane closures will be in effect, weekdays, 7 a.m.-4 p.m.

The road closure at Pierce Street for the portion between Wisser Road and Bonney Loop, and the lane closures between Bonney Loop and Montgomery Drive, will need to be extended to Jan. 26.

Stream & Bridge — There will be an extension of the full road closure of Stream Road. The road will be closed in both directions, from the intersection of Stream and Loop road to the intersection of Stream and Kahauiki Stream Bridge. The primary detour for the Stream Road Closure will be Mokumoa Street. The full closure is through Feb. 13.

Intermittent, one-hour, full-bridge closures will occur, 9 a.m.-5:30 p.m., to-

Traffic Report lists road, construction and noise advisories received by press time from Army and Hawaii Department of Transportation (HDOT) sources.

Visit www.garrison.hawaii.army.mil/info/trafficcalendar.htm for the latest Army traffic advisories.

Unless otherwise noted, all phone numbers are area code 808.

day and on the following dates:

- Jan. 17 and 19.
- Feb. 13, 14 and 16.
- March 27.
- April 3.

One-lane closure and intermittent full closures of Kahauiki Stream Bridge, continue around the clock through Feb. 28.

20 / Tuesday

Modified Traffic Flow — Schofield’s Aleshire Avenue, near buildings 2027 and 2087, will be closed for utility installation until Jan. 21.

No Juice

— Fort Shafter sees a power outage, 8 a.m.-2 p.m., that will affect the following: Hauoli South, 405, 407, 409, 415, 419, 423, 427, Parks Road, Radar Hill, 201, 215, 220, 225, 234, 235, 245, and 250.

Call 457-4060 or 687-8317 for info on this and the related Fort Shafter outages, Jan. 21, 26, 27 and 28, below.

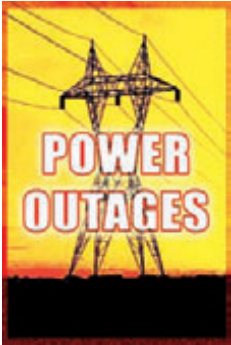
21 / Wednesday

FS Outages, Continued — A power outage, 8 a.m.-2 p.m., will affect the following: Hauoli South, 175, 180, 185, 190, 195, 198, Van Antwerp Place, 115, 119, 123, 125, 129, 131, 7th Street, 2015, 2023, 2029, 2035, 2041, 2049 and Simpson Street.

Clinical Outage — U.S. Army Health Clinic-Schofield Barracks will experience the first of three total power outages, including its Acute Care Clinic, 8 a.m.-6 p.m. Additional outages are scheduled for March 7 and June 6.

24 / Saturday

Revised Electrical Outage — The power will be out on Fort Shafter Flats, 8 a.m.-4 p.m., to support Fort Shafter’s flood mitigation project main electrical line transfer. Buildings affected should be prepared for an extended outage. Call 835-4245.



26 / Monday

FS Outages, Continued — The following buildings will be affected by an electrical outage, 8 a.m.-2 p.m.: Fort Shafter Housing Simpson Wisser, 2055, 2061, 2067, 2075, 2079, 2083, 2089 Simpson Street, Radar Hill, 255, 260, 265, 270, 275, 280, 285, and 295.

26 / Monday

Airdrome Road — There will be one-lane closures on Wheeler Army Airfield Airdrome Road, from the Hangar 1020 area to the sewage treatment plant, weekdays, 8 a.m.-3:30 p.m., until April 24.

27 / Tuesday

FS Outages, Continued — The following buildings will be affected by an electrical outage, 8 a.m.-2 p.m.: Fort Shafter Housing, Simpson Wisser, 2107, 2119, 2125, 2131, 2093, 2097, Simpson Street, Hauoli South, 140, 150, 160, 170, 174, Patch Place.

28 / Wednesday

FS Outages, Continued — Affected will be Fort Shafter Housing, Simpson, Wisser, 2137, 2145, 2155, 2163, 2169, 2175, 2185, 2191, Simpson Street, Radar Hill, 106, 108, 110, 112, 412, 121, 123, 125, 127, 419, 421, 423, 425, Austin Road, Hauoli South, 178, 182, 190, 198, Patch Place.

30 / Friday

No Mo Go — Effective today, the 404th Army Field Support Brigade Logistics Readiness Center will no longer provide dispatching services at Fort Shafter Flats. Non-tactical vehicles will be dispatched at Bldg. 6027, East Range, Schofield Barracks. Vehicle dispatching at the TMP occurs three weeks of each month, 8 a.m.-4 p.m.

Contact your unit vehicle coordinator for exact details.

Ongoing

AMR Closures — Aliamanu Drive is completely closed, 8 a.m.-4:30 p.m., between Okamura and Rim Loop, until Feb. 2.

Road Closed — There will be full road closures at Fort Shafter Flats’ Loop and Annex roads for utility and flood mitigation structures installation until Feb. 28.

AMR observance recognizes a leader’s legacy

KAREN A. IWAMOTO
Staff Writer

ALIAMANU MILITARY RESERVATION — The Army community gathered, here, at the chapel, Wednesday, to honor the legacy of Dr. Martin Luther King Jr. at the Army Garrison-Hawaii’s annual ethnic observance, hosted by the 18th Medical Command (Deployment Support).

King, a pastor, activist and proponent of nonviolent civil disobedience in the 1960s, brought about sweeping advancements to the civil rights movement that remain relevant to this day — and are apparent in today’s U.S. Army.

“Because of (the efforts and struggles that occurred in the past), the Army and our country are able to accept all individuals, regardless of race, religion, culture, ethnicity, gender, etc.,” said Col. Bret T. Ackermann, commander of the 18th MEDCOM (DS). “They have afforded opportunities and freedoms to individuals who could not have imagined it all those years ago.”

Sgt. 1st Class Marcus Smith of the 18th MEDCOM (DS) shared this sentiment.

“The opportunities I’ve had to excel wouldn’t be possible without (King),” he said. “He brought us a long way.”

The U.S. Army was the first service branch to abolish racial discrimination via Executive Order 9981, issued in 1948 by President Harry Truman. It eventually led to the desegregation of all service branches.

Smith had the honor of attending the funeral of Yolanda King, the first-born child of King and his wife, Coretta Scott King, in 2007. Smith said his wife was a friend of the King family, and he had been scheduled to meet Yolanda King in person, but she passed away before the meeting could take place.

“But it was an honor to be around the family (at the funeral),” Smith said.

“Things have moved forward a lot, but we still have a way to go,” he added. “We still need

to strive as a nation.”

This echoes the words of King himself, in a speech he delivered during his first visit to Hawaii in September 1959. He made the visit to commemorate Hawaii’s statehood and addressed a crowd at the Hawaii State Legislature.

While he described Hawaii as an “inspiration in the area of racial harmony and racial justice,” he went on to say, “It is a fact that we have come a long, long way, but in order to tell the truth, it is necessary to move on and say we have a long, long way to go.”

While King was well known for his rhetoric — his “I Have a Dream” speech is widely quoted and disseminated — it was ultimately his commitment that changed the nation and the world.

Alphonso Braggs, president of the Hawaii Chapter of the NAACP and the guest speaker at Wednesday’s event, urged those in attendance to do the same by finding a purpose, getting qualified and genuinely pursuing their dreams.

“The opportunities I’ve had to excel wouldn’t be possible without (King).”

— Sgt. 1st Class Marcus Smith
18th MEDCOM (DS)

“Dr. King was often lauded for his academic achievements ... but he reminded us that in the end those were not the most important things,” Braggs said. “He stated in a speech not long before he died that the person who delivered his eulogy should not talk about his awards ... but rather his commitment to serving others.”

Photo courtesy of U.S. National Archives

Dr. Martin Luther King, Jr., president of the Southern Christian Leadership Conference, stands in a crowd at Washington, D.C. in 1963. (Photo has been altered from its original form; background elements have been removed.)



Sgt. 1st Class Nicole Howell, 18th Medical Command [Deployment Support]

Alphonso Braggs, president of the Hawaii Chapter of the NAACP, addresses Soldiers at the Martin Luther King Jr. Ethnic Observance at Aliamanu Chapel on Wednesday. Braggs emphasized King’s commitment to civil rights and serving his community.

Martin Luther King Jr.’s Ties to Hawaii

- King visited Hawaii in 1959 to commemorate statehood. In a speech at the Hawaii State Legislature, he described Hawaii as an inspiration and noble example in the area of racial harmony and racial justice, but emphasized that there was still a long way to go to achieving peace and freedom for all.
- King visited Hawaii again in 1964 to commemorate Civil Rights Week at the University of Hawaii at Manoa.
- King developed a close friendship with the late Rev. Abraham Akaka, brother of the late U.S. Sen. Daniel Akaka. The late Rev. Akaka helped lobby for the passage of a strong civil rights bill in 1964.

Photo courtesy of the University of Hawaii Archives

Martin Luther King Jr. speaks to a crowd at the University of Hawaii at Manoa’s Andrews Amphitheater. King visited UH-Manoa in 1964 to celebrate Civil Rights Week.

Calendar of Martin Luther King Jr. Day Events

Today

- The Queen & Dr. King Concert – The Royal Hawaiian Band will perform a concert to commemorate Queen Liliuokalani and Dr. Martin Luther King Jr., noon at Iolani Palace.

Saturday

- NAACP Dr. King Dinner – The Hawaii Chapter of the NAACP is hosting a dinner in honor of Dr. Martin Luther King Jr., 6:30 p.m. Location TBA. Contact naacphawaii@aol.com to RSVP.

Sunday

- Annual Bell-Ringing Ceremony – This annual ringing of the Nagasaki Peace Bell takes place at 5:30 p.m. at Honolulu Hale Civic Grounds (Lauhala and Beretania streets).

Monday

- The Martin Luther King Jr. Holiday Parade and Union Rally – The parade begins 9 a.m. at Magic Island and ends at Kapiolani Park. A unity rally follows at the Kapiolani Bandstand.



Photo courtesy of U.S. National Archives

Civil rights activists march on Washington, D.C., in 1963.



Briefs

Today

EDGE Home School Art Workshops — Open to CYS registered youth & teens (grades 1-12) at SB Arts & Crafts Center for fun workshops designed to tap creativity.

- Jan. 16 is Clay Hand Building, \$15/per child, includes supplies.
- Jan. 23 & 30 is Basket Weaving, \$23/per child, includes all supplies.

Register at 655-9818.

17 / Saturday

Fitness Resolution — It’s New Year, New You time at the Health & Fitness Center. From 8:30-11:30 a.m. enjoy 15-minute previews of all group fitness classes, health assessments given by personal trainers, open house rock wall climbing, and knowledgeable sports and fitness vendors.

This free event is open to all DOD ID cardholders and their family members 13 and older (children under 15 must be accompanied by their parent or guardian). Call 655-8007.

Standup Paddleboard Lessons — Come join Outdoor Recreation, 8:30 a.m.-12:30 p.m., to learn standup paddleboard. This family friendly activity explores the ocean and waterways of Hawaii. Outdoor Recreation will provide the transportation, equipment and instructions. All you need to bring is water and any snacks you may want. Ages 10 and up are welcome.

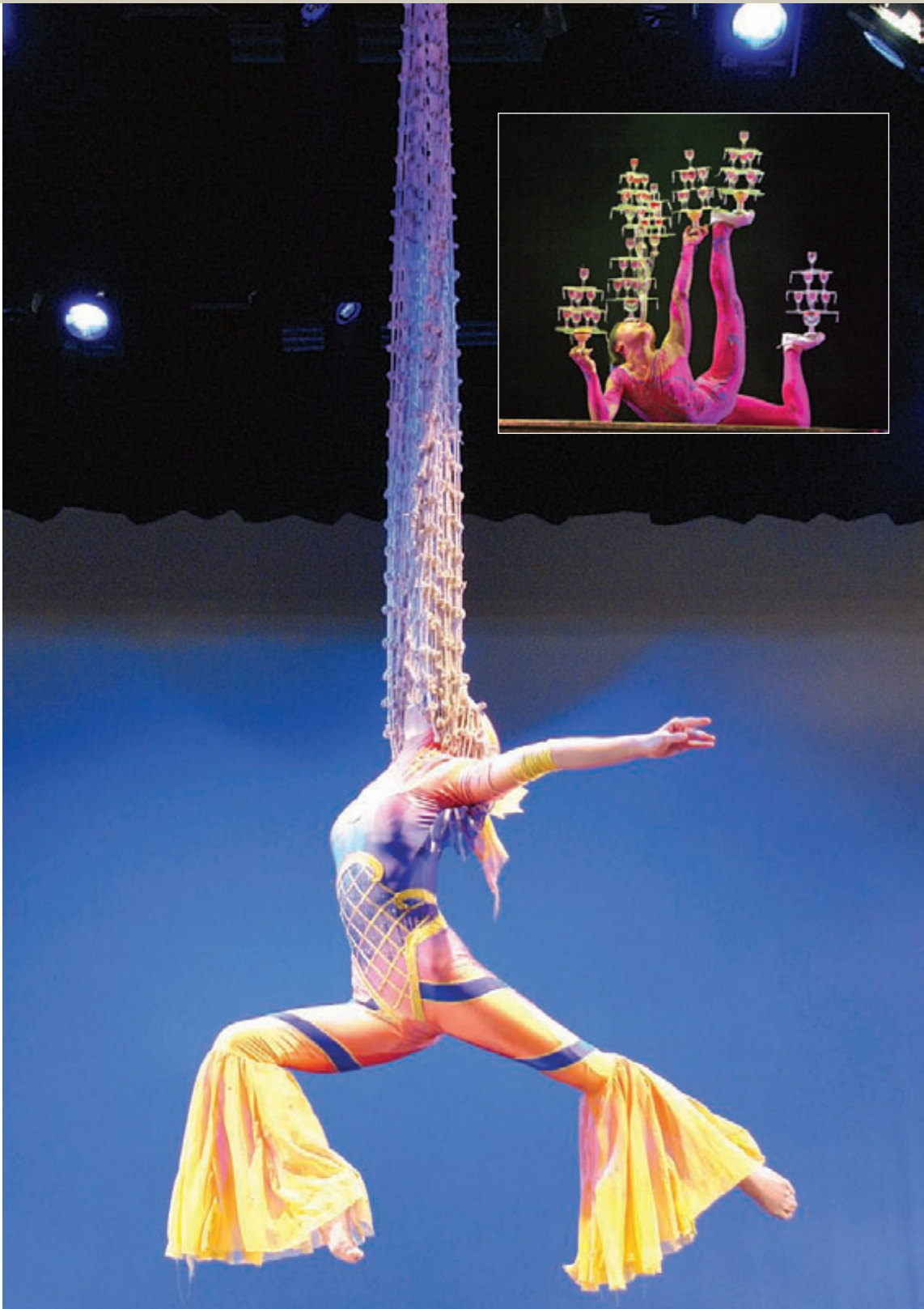
Hip-Hop and R&B Night — All White Attire Party begins at 9:30 p.m. at Tropics Recreation Center with drinks and dancing all night. Our DJ will get the room pumped for DOD cardholders 18 and over. Call 655-5698.

21 / Wednesday

EDGE Home School Adventure-Kayaking — In partnership with Outdoor Recreation, learn to hike and whale watch, 8:30 a.m.-noon, at Kaena Point or Makapu’u lighthouse for \$20. Participants should be in 1st-12th grades. Everyone must wear shoes and bring water and sunscreen. Call 655-9818.

BOSS — Single Soldiers and geographic bachelors are highly encouraged to attend Better Opportunities for Single Soldiers meetings every

SHANGHAI CIRCUS



Photos courtesy of Tom Moffat Production

HONOLULU — The 2015 all-new Shanghai Circus returns to Honolulu this weekend. Expect breathtaking, gravity-defying feats from some of China’s most celebrated acrobats. If it’s humanly possible—and even if it’s not—the Shanghai Circus will do it with spectacular flair, integrating dexterity with humor, tradition and grace.

Show times are 4:30 and 7:30 p.m. on Saturday and Sunday through Jan. 31. Reserved tickets for adults start at \$15, youth (ages 6-12) seating starts at \$10, and reserved tickets for keiki (ages 3-5) start at \$5. A \$5 discount for seniors and military personnel, and pricing for youth and keiki, apply to select seats. Visit ticketmaster.com or call 1-800-745-3000. to purchase tickets.

Wednesday of the month to discuss community service projects and fun upcoming programs. Get involved and make a difference.

- North meetings are held at SB Tropics, at 3 p.m., every 1st and 3rd Wednesday.
- South meetings are held at FS Bowling Center at 10 a.m., every 2nd

and 4th Wednesday. Call 655-1130.

Baby-Sitting & CPR — Register for SKIES Unlimited free baby-sitting and CPR/first aid monthly courses for 12-18 year olds. After class completion, 13 and over students will be added to the SKIES super-sitter refer-

ral list.

Class participation requires registration by a parent/guardian with Army CYS, Parent Central Services. Register now at 656-9818 for the 4-7 p.m. sessions:

- Jan 21 & 28, Feb. 18 & 25, CPR/

See MWR B-7

Community Calendar

Today

Leilehua Parent Teacher Student Organization — Provides a forum to voice concerns, make suggestions and share ideas. Membership drive seeks active and no-sweat memberships. Contact Karl Spix, PTSO president, at 255-5082.

TAMC Arts and Crafts Volunteers — American Red Cross is seeking volunteers for patient and family support. Contact Yolanda Gainwell at 433-6631.

Tripler Parking — TAMC has opened 121 new parking stalls on the lower level of the Oceanside parking lot. TAMC leaders launched the parking project to help alleviate parking concerns.

Military Spouse of the Year — Send nominations now, which will be taken through Jan. 16 at <http://msoy.militaryspouse.com>. Candidates will be narrowed by vote to one winning installation, district and state on Jan. 20. Finals will be held in Washington, D.C., May 8.

TAMC Access —Department of

the Army security guards will no longer accept TAMC hospital badges as a form of identification for access. TAMC staff will be required to show their common access card, their government military ID card or a Veterans Affairs PIV card.

This change in policy is a USAG requirement along with Homeland Security Presidential Directive 12. This measure will bring the TAMC campus in line with installation access security mandates. Call the TAMC Provost Marshal at 433-1111/5914 with your questions.

Sony Open Military Specials — Watch the world’s top golfers make their annual visit to Honolulu with free admission to the PGA Sony Open, Jan. 15-18, at the Waialae Country Club for active duty, retired military service members, reservists and family members who present a valid military ID. Free admission to veterans is also issued through the Veteran Tickets Foundation.

Sony Open organizers have also created the special military hospitality area “Birdies for the Brave Patriots’ Outpost” on the 18th fairway. It includes complimentary food and beverages.

Call 375-9335 or view photos from the 2014 event hospitality area at <https://www.flickr.com/gp/pasha> group/N8wYpT/

17 / Saturday Pacific Island Arts Festival — More than 75 local fine artists and handcraft artisans display their artwork for sale, 9 a.m.-4 p.m., Saturday and Sunday, at Kapiolani Park across from the Honolulu Zoo. Free event features food, live music and hula.

Shanghai Circus — Over 40 Acrobats of China bring the Orient to Honolulu in a fast-paced, exciting production featuring internationally award-winning acts, Jan. 17-30, at the Blaisdell Concert Hall. The New Shanghai Circus celebrates the exotic wonders of China while showcasing dramatic interpretation of classic Chinese dance and physical performance. General admission is \$25.

Coin and Stamp Show — Free event at the Queen Kapiolani Hotel, 9 a.m.-4 p.m., brings together collectors and experts with door prizes.

18 / Sunday Honolulu MLK Celebration — Bell-ringing event at Honolulu Hale (City Hall), 6:30 p.m., Jan. 18, symbolically calls attention to the inequality and injustice in the world using Dr. King’s words “Let Freedom Ring.” Visit mlk-hawaii.com/home/.

26 / Monday Community Information Ex-

change (CIE) — The next CIE (formerly called the SIM, or Spouse Information Meeting) is 9 a.m., Jan. 26, at the Nehelani. The focus of this meeting is installation and community matters.

Garrison directorates and key service providers will offer details of upcoming events for 30-60-90 days and the senior commander will host an open forum and Q&A session.

31 / Saturday Makahiki Challenge 2015 — It’s a Kualoa Ranch-area endurance test. Tackle 3+ miles on this obstacle journey through tireless hills, rough terrain and mud pits. Begins at 9 a.m. for ages 16 and older. Register at www.makahikichallenge.com.

Ongoing

Flu Vaccinations — The Schofield Health Clinic now offers flu vaccinations to authorized patrons.

Schofield Family Medicine flu immunizations are provided for Red, White and Blue Family Medicine teamfrom 7:30-11:30 a.m., Monday-Friday; 1-3 p.m., Monday and Friday; and 1-2 p.m., Tuesdays through Thursdays.

Schofield Pediatrics immunizations are available for Honu and Gecko Pediatrics teams, 8-11 a.m., and every afternoon 1-3 p.m., except Wednesday.

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
 - 8:30 a.m. at AMR
 - 10:30 a.m. at MPC Annex
 - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at Soldiers’ Chapel and 12 p.m., TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at Wheeler Annex

Protestant Worship

- Sunday Services
 - 9 a.m. at MPC
 - 9 a.m., at FD, TAMC chapel
 - 10 a.m. at HMR
 - 10:30 a.m. at AMR
 - 11:30 a.m. at WAAF (Spanish language)
 - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 10 a.m. at WAAF

This Week at the
MOVIES
Sgt. Smith Theater

Call 624-2585 for movie listings or go to aaes.com under realtime movie listing.



Top Five

(R)
Fri., Jan. 16, 7 p.m.
Thurs., Jan. 22, 7 p.m.

Wild

(R)
Sat., Jan. 17, 2 p.m.



The Penguins of Madagascar

(PG)
Sat., Jan. 17, 6 p.m.
Sun., Jan. 18, 2 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations 8th TSC: 8th Theater Sustainment Command 25th ID: 25th Infantry Division ACS: Army Community Service AFAP: Army Family Action Plan AFTB: Army Family Team Building AMR: Aliamanu Military Reservation	ASYMCA: Armed Services YMCA BCT: Brigade Combat Team BSB: Brigade Support Battalion Co.: Company CYSS: Child, Youth and School Services EFMP: Exceptional Family Member Program FMWR: Family and Morale, Welfare and	Recreation FRG: Family Readiness Group FS: Fort Shafter HMR: Helemano Military Reservation IPC: Island Palm Communities PFC: Physical Fitness Center SB: Schofield Barracks	SKIES: Schools of Knowledge, Inspiration, Exploration and Skills TAMC: Tripler Army Medical Center USAG-HI: U.S. Army Garrison-Hawaii USARPAC: U.S. Army-Pacific WAAF: Wheeler Army Airfield
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Two online resources help Hawaii students advance

SCHOOL LIAISON OFFICE
Child, Youth and School Services

“Education is our passport to the future, for tomorrow belongs to the people who prepare for it today.” — Malcolm X

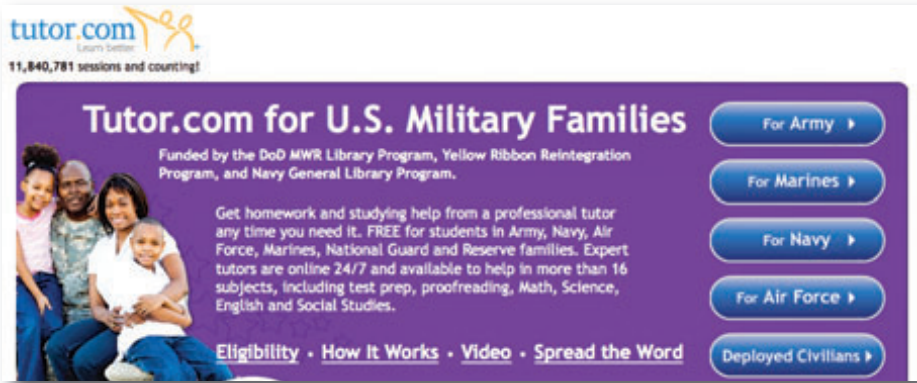
Parents want what is best for their children and a good education ranks as a top priority. Two online programs – SOAR and tutor.com – are available to assist military connected students with math and reading skills and getting homework assistance through tutoring.

SOAR
Student Online Achievement Resources, or SOAR, provides online math and reading practice.

Through the interactive tutorials provided by SOAR, students experience an online interactive lesson, followed by the opportunity to practice a specific, targeted skill.

By presenting questions and providing feedback based on answers given, students know how they are doing and what they can do to improve. They identify what problems they got wrong and where they made an error to ensure they don’t make the same mistake again.

Thanks to a grant funded by the Department of Defense Education Activity (DoDEA), the program is free of cost to families and available



to all students in the 10 Leilehua Complex schools, which include Hale Kula Elementary, Solomon Elementary, Wheeler Elementary, Helemano Elementary, Wahiawa Elementary, Iliahi Elementary, Ka’ala Elementary, Wheeler Middle, Wahiawa Middle, and Leilehua High School.

Study Strong
Study Strong, through tutor.com, allows students, grades K-12, to work 24/7 with an on-line tutor to get help with homework, studying, test preparation and resume writing. Everything is live, one-on-one, anonymous and free of charge to families in more than 40 subjects in math, science, social studies and

English through funding by the Department of Defense MWR Library Program, Yellow Ribbon Reintegration Program, and Navy General Library Program.

Tutors are teachers, college professors and graduate students who are background checked and certified by a third party security firm.

In addition to the everyday stresses of finishing homework on time and getting good grades, military children face unique challenges of moving frequently and having a parent deployed or away for training.

Both SOAR and tutor.com help military children to overcome these educational challenges so they can get ahead.

Online
Schools participating in SOAR sent home a letter in December of 2014 with each student’s username and password. Access the website at <http://assess.edifylearning.com>.

To request a student’s info again for SOAR, contact the Leilehua Complex Area Instructional Coach, Dawn Raczkowski, at 622-6393, extension 273.

To access Study Strong, visit <http://military.tutor.com>, click on the “For Army” tab and follow the prompts to create a student account.

School Liaison Office
Families can contact the School Liaison Office at 655-8326 for more information and are reminded that continued sponsorship of these programs is dependent on student utilization and availability of funding.

(Note: The SLO, CYS is part of School Support Services; Family and Morale, Welfare and Recreation; U.S. Army Garrison-Hawaii.)

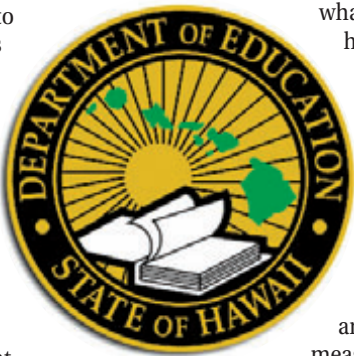
Learning expectations rise for public school students

DEPARTMENT OF EDUCATION
State of Hawaii

HONOLULU — Public schools across the state welcomed back students after a three-week winter break, this week.

Students received a letter to take home to their parents as a reminder of the upcoming spring assessments for English language arts and math.

The new assessments, known as Smarter Balanced, are aligned to the Hawaii Common Core standards implemented statewide at the start of the school year. The letter from Superintendent Kathryn Matayoshi also included sample exercises explaining how students are being asked deeper questions that require critical



thinking.

“New expectations for student learning mean we need new ways to measure how our students are performing,” stated Matayoshi.

“These new tests measure not only what students know, but also how well they can apply their knowledge in real-world situations.”

Field tested
Smarter Balanced assessments will be administered beginning in March to students in grades three through eight and high school juniors to measure their reading, math, writing, listening, research and thinking skills.

Hawaii is a governing member of a multi-

state consortium that has worked with teachers, parents and higher education faculty to develop the Smarter Balanced assessments. Over three million students across the consortium participated in the field test last year to ensure questions are valid, reliable and fair for all students.

“While this is a step forward in our plans to raise student achievement, we expect the change to the new test will result in lower scores as compared to previous years,” said Matayoshi. “However, because it is a new test aligned to new standards, we will not be comparing the results to that of the old test. Results from this year are a new starting point for students.”

Seeking new information
The results also benefit teachers. The Smarter Balanced Assessment System offers information during the year to give teachers

Learn More
For more information on how the Hawaii State Department of Education is striving higher with new learning standards and assessments, visit HawaiiPublicSchools.org.

and parents a better picture of where students are thriving and where they need help.

A number of schools held Smarter Balanced parent nights with activities during the fall. The parent letter includes additional assessment examples and tips for helping with homework.

RELATED STORY
• Read about on-post rewards for students receiving good grades on page B-5.

Sweepstakes month at PX

JULIE MITCHELL
Army News Service

The Army & Air Force Exchange Service is making it pay to go paperless for 100 lucky military shoppers who sign up to receive electronic statements from the Exchange Credit Program.

During the “Going Paperless Pays” sweepstakes, cardholders who switch from traditional paper statements to electronic versions from Jan. 1-31 will be automatically entered to win a \$50 credit on their bill.

Eligible lines of credit include the Military Star Gold card, the Military Clothing plan and Take it Home Today.

Throughout the sweepstakes period, 100 account holders will receive the credit. Only one sweepstakes entry per account is allowed.

“Accessing statements online reduces clutter and conserves paper while decreasing the risk of having account information lost or stolen in the mail,” said Air Force Chief Master Sgt. Sean Applegate, Exchange senior enlisted advisor. “And it’s beneficial to cardholders as the new MyECP.com site allows them to more easily manage their account, track spending and schedule payments.”


SAY
“NO”
TO PAPER!



WIN a \$50 Statement Credit
with our “Going Paperless Pays” Sweepstakes!

Registration Online

Cardholders can register for electronic statements by logging into their account and selecting “Yes, please email” under “Update Contact Information” located on the “Tools” menu at MyECP.com.



Avert disaster by scaling the dieter’s wall

Okay, seriously people, this isn’t fun anymore.

It’s been two weeks since I started this diet, and I am officially starving.

Don’t give me a bunch of baloney (although processed pork products sound mouth-wateringly delicious in my weakened state) about how a low-cal protein snack will stave off hunger pangs. A rolled up slice of turkey just isn’t gonna’ cut it.

No matter how many times some rich celebrity — who, incidentally, eats diet meals prepared by her personal chef and has a trainer who comes to her home gym — tells you that “the pounds just melt away,” dieting is hard.

Sure, the first few days can be fun — the same way raking leaves seems fun for the first 15 minutes until you realize that it’s going to take three hours, and you’ll have to do it every weekend, or the way cooking dinner seems like fun when you’re first married, but then 20 years later, you’d rather chew your own arm off than prepare another meal, or the way running seems like fun until you come to the end of the second block and suddenly feel as if your heart might explode.



THE
MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

No matter how many times some rich celebrity — who, incidentally, eats diet meals prepared by her personal chef and has a trainer who comes to her home gym — tells you that “the pounds just melt away,” dieting is hard.

Yea, dieting is kinda’ like that. By the end of the second week, I want someone to hit me in the head with a frying pan, preferably one that has just fried me up a few crisp slices of bacon, to put me out of my misery.

I hit that dieter’s wall this week while shopping at the commissary. The satiating effect of the protein shake I guzzled that morning had worn off, and I was beginning to feel that familiar grumbling in the pit of my stomach.

We all know it, that burning in your innards. Unnoticeable at first, it slowly builds as you weave through the grocery aisles, until you’re ready to grab a cheese ball out of the dairy case and eat it like an apple, cellophane and all.

I rushed from my minivan, across the blustery commissary parking lot and into the store. Everything was

fine in produce, where I followed my grocery list to a tee, except for the bagged Lite Caesar Salad Kit I decided would make a satisfying diet lunch.

I made it through the canned goods, baking supplies and cereal without incident, but as my hunger amassed, things began to unravel in the snack food aisle. With each step, the



Photo Illustration

Temptations abound for the author to buy her junk-food favorites.



over each obstacle, even with a drumstick hanging out of my mouth, I’ll eventually win the battle.

(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” which appears in military and civilian newspapers and at www.themeatandpotatoesoflife.com.)

Schofield Commissary impacted by shipping issues

DEFENSE COMMISSARY AGENCY
Corporate Communications

FORT LEE, Virginia — The Defense Commissary Agency is working to overcome challenges that have impacted the timely delivery of products to stores in Europe and the Pacific, the agency director and CEO has said.

In some instances, commissary patrons have experienced critical shortages in perishable products, such as chilled juices, produce and dairy products.

“Several factors have caused our overseas stores to fall short of what’s required to serve our patrons there,” said Joseph H. Jeu, DeCA director and CEO. “We are doing everything possible – increasing our product reorders, looking for additional approved local sources and examining alternative shipping methods – to find solutions to these problems and ensure that products are available for our customers wherever they shop.”

DeCA’s supply chain has many moving parts. U.S. products bound for commissaries in Europe and the Pacific are first transported from the United States by ocean vessels to overseas docks and then trucked to central distribution centers. From the CDCs, the products are further transported by truck to individual stores.

This process is also supplemented by local purchase contracts for certain items, such as



File Photo

DeCA officials are working to address shortages in perishable products impacted by shipping delays. Shipments to Hawaii, Guam, Korea, mainland Japan and Okinawa have seen delays.

bread and dairy products.

Pacific, Hawaii impact

In the Pacific, shipments destined for commissaries in Hawaii, Guam, Korea, mainland Japan and Okinawa have been delayed up to 10 days due to ongoing West Coast port delays related to negotiations between the Pacific Maritime Association and labor unions representing West Coast dockworkers. Mediators from the Federal Mediation and Conciliation

Service recently joined these negotiations.

Schofield Commissary officials have indicated that, currently, supplies of fresh chicken from the West Coast have been the most obvious impacted-product in recent weeks. Supplies of various other products are impacted on a varying day-to-day basis. Store officials say they are working to place signage in front of display areas for products impacted by the shipping delays.

The West Coast port delays have impacted

Hawaii Exchange offers rewards for academic excellence

HAWAII EXCHANGE
News Release

SCHOFIELD BARRACKS — Besides handling daily schoolwork, studying and tests, military students face unique challenges, including coping with separation from parents during deployments and multiple moves.

In fact, according to the Military Child Education Coalition, military children typically move six to nine times by the time they’ve completed 12th grade, with many making multiple moves during high school.

The Schofield Exchange is rewarding military students who excel in the classroom with its “You Made the Grade” program, now in its 15th year. Students in 1st through 12th grades who maintain a B average or better are eligible to receive a coupon book filled with free offers and discounts.

You Made the Grade offers for 2015 include

free food items, such as a Burrito Supreme or Taco Supreme from Taco Bell, a small chicken Philly sandwich at Charley’s, Popeye’s Chicken Po’Boy, and a bacon double cheese-burger and small fry from Burger King.

Students who make the grade will also score Snack Avenue coupons for a free fountain drink, including the frozen Yeti drink, and a complimentary hot dog or roller grill item. Other offers include discounts on backpacks, shoes and more.

Scholars can also enter the You Made the Grade semiannual sweepstakes to receive gift cards worth \$2,000, \$1,500 or \$500. Entries for the gift card sweepstakes drawing can be submitted twice a year, with drawings typically



held in June and December.

“The Schofield Exchange understands and appreciates the sacrifices military students make,” said Store Manager Cathy Ely. “Those who excel in the classroom, especially while dealing with multiple moves and parents’ deployments, deserve to be recognized.”

Students, including those who are home-schooled, can receive a You Made the Grade coupon booklet by presenting a valid military ID and proof of an overall B average at the Schofield Exchange Customer Service desk.

Eligible students can pick up one booklet for each qualifying report card.

Students and guardians can visit their Schofield Exchange for more information about the You Made the Grade program.



File photo

Eligible students can pick up a rewards booklet with proof of a B average or above report card.

Cervical cancer awareness gains TRICARE attention

TRICARE
News Release

According to the Centers for Disease Control and Prevention (CDC), cervical cancer used to be the leading cause of death by cancer for women in the United States.

Over the last 40 years, the number of cervical cancer cases and deaths has dramatically decreased thanks to cervical cancer awareness.

This January, TRICARE beneficiaries are urged to raise their own awareness about this disease and take preventive measures to safeguard against cervical cancer.



File photo

Cervical Health Awareness Month strives to protect women from diseases.

portant to visit your doctor. TRICARE covers pelvic exams and Pap smear testing for women 18 years of age or older (or younger if sexually

ally active).

Awareness

Cervical Health Awareness Month is also a chance to raise awareness about how women can protect themselves from the human papillomavirus (HPV).

HPV is the most common sexually transmitted disease, and according to the CDC, the cause of most cervical cancers.

HPV is a common virus that can be passed from one person to another during sex. There are numerous types of HPV, but certain types can cause changes in the cervix that may lead to cervical cancer.

TRICARE covers two HPV vaccines, Gardasil and Cervarix, to protect against the types of HPV that can cause cervical cancer. HPV vaccines are given in a series of three shots. The CDC recommends the series begin between the ages of 11 and 12 for females. Females who did not receive the vaccine at the recommended age can still get the vaccine up until the age of 26.

While HPV is one of the most common causes of cervical cancer, other risk factors can cause this type of cancer. In addition to having HPV, the CDC says the following risk factors are associated with cervical cancer:

- Smoking.
- Having HIV (the virus that causes AIDS) or another condition that makes it hard for the body to fight off health problems.
- Using birth control pills for a long time (five or more years).
- Giving birth to three or more children.

TRICARE covers HPV testing as a cervical cancer screening when performed in conjunction with a Pap smear for women ages 30 and older.

More Online

To learn more about cervical cancer facts, symptoms and preventive measures, visit the CDC's cervical cancer page at www.cdc.gov/cancer/cervical.

E-prescribing is on the way

TRICARE
News Release

The Military Health System has deployed electronic prescribing in military pharmacies across its system of clinics and hospitals in the United States (and in Guam and Puerto Rico).

This capability will allow civilian providers to send prescriptions electronically to military pharmacies, reducing the need for



File photo

Electronic prescriptions are a fast-growing new service at military pharmacies.

handwritten prescriptions.

"E-prescribing is a great new service at military pharmacies," said Dr. George Jones, chief of the Defense Health Agency Pharmacy Operation Division.

"E-prescribing makes military pharmacies a more attractive and convenient option for doctors and patients, and it aligns the Military Health System with current best pharmacy practices," he said.

E-prescribing is a safe and efficient option already adopted by most civilian pharmacies and providers. It can help reduce prescription errors and has the potential to decrease wait times at military pharmacies. When a prescription comes into a pharmacy electronically, it allows the pharmacist to resolve issues before the patient arrives.

Beneficiaries can ask their doctor to look for their local military pharmacies in the e-prescribing database/networks. Military hospitals and clinics will not be able to accept electronic prescriptions for controlled substances. Beneficiaries will still need a handwritten prescription for these medications.

To learn more about TRICARE's pharmacy benefits, visit the TRICARE website at www.tricare.mil.

Transitioning service members can still access health care info

TRICARE
News Release

TRICARE sponsors, spouses and their dependent children 18 years and older have access to their personal information, health care enrollments, eligibility and other information through MilConnect, an online resource provided by the Defense Manpower Data Center.

A new initiative gives separating service members and their families more time to access this important information.

Access to MilConnect is available three ways: through common access card (CAC) access, a Defense Finance and Accounting Services (DFAS) account, or a DOD Self-Service Logon (DS Logon).

Separating service members lose their CACs and access to their DFAS MyPay account upon separation. However, their DS Logon does not expire and can still be used to access certain applications, such as DMDC's MilConnect.

To make this transition easier for family members, DMDC will give prior eligible fam-

ily members 18 and over six additional months to sign up for a DS Logon for use in accessing MilConnect after their sponsor's separation. This extension allows more time to view and print available correspondence (such as a disenrollment letter) within MilConnect.

Please note that, in some cases, the sponsor can see available correspondence for family members, regardless of their age in MilConnect after separation.

Learn More

For information about transitioning from the military, visit www.tricare.mil/LifeEvents/Separating.

For information about creating an account or other secure services that can be completed online, visit <http://milconnect.dmdc.osd.mil>.

DOD offers reminders of flu strain variations, dangers

CHERYL PELLERIN
DOD News, Defense Media Activity

WASHINGTON — Flu season is here and the Defense Department is making sure service members get flu shots because the illness, often considered mild, has the significant potential to affect operational readiness, an expert from the Defense Health Agency has said.

Flu vaccine for everyone is still the best way to protect against flu and its complications, and it also helps prevent the virus from spreading.

Influenza, or flu, is a contagious disease that spreads nationwide every winter, usually between October and May, according to information posted on the Centers for Disease Control and Prevention website.

Anyone can get the flu

“Flu is a bad disease,” said Air Force Lt. Col. Amy Costello, a pediatrician who specializes in public health and the chief of the Immunization Healthcare Operations Section in the Defense Health Agency Immunization Healthcare Branch.

“It killed millions of people during World War I, and it has a

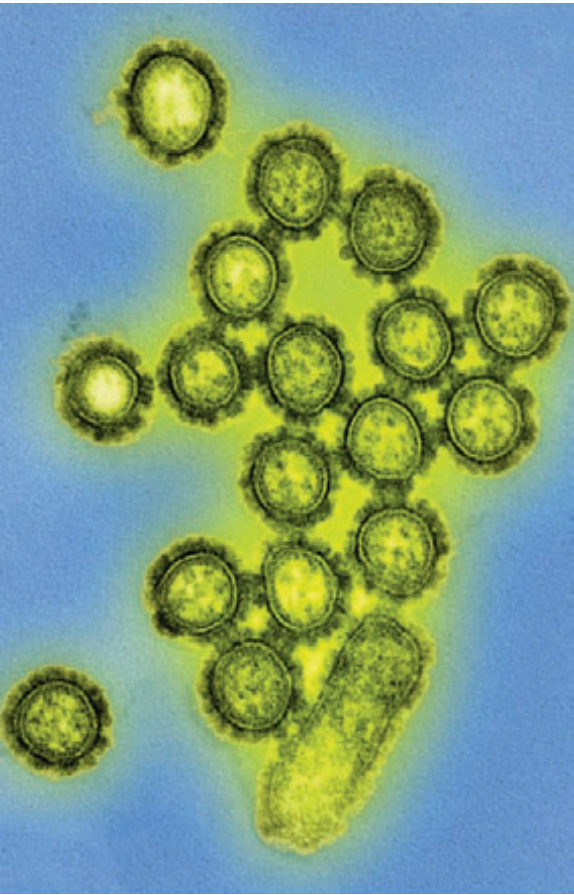


Photo by the National Institute of Allergy and Infectious Diseases

A colorized transmission electron micrograph shows H1N1 influenza virus particles. Surface proteins on the virus particles, which are targeted by flu vaccines, are also shown in black.

significant potential to impact operational readiness in unvaccinated units,” she continued. “That’s why the Department of Defense is so focused on getting everybody their flu shot every year.”

In April 2009, an H1N1 swine flu began infecting people in Mexico and in June of that year was declared a global pandemic by the World Health Organization.

According to the CDC, 60.8 million people were infected in the United States alone, nearly 275,000 were hospitalized and 12,469 died from this flu strain.

Worldwide, the World Health Organization and others estimate that it killed 284,500 people.

Costello said there are different kinds of flu vaccine. One is a nose spray that protects against four strains of flu, one is a shot with a vaccine that protects against three different strains of flu, and the other is a shot that protects against four different strains.

Multiple flu strains in a vaccine

The spray is recommended for people between ages 2 and 49, she said, “and there are some other restrictions. ... We don’t give it to pregnant women, and we don’t give it to people who

have asthma or people with egg allergies.”

Types of flu

Virus strains are chosen for the vaccine each year depending on which ones are in common circulation. The 2014-2015 four-strain, or quadrivalent, vaccines include two influenza A strains, H1N1 and H3N2, and two influenza B strains.

“The difference between (influenza) A and B is that they’re two different genetic families of influenza,” Costello said.

“Influenza A viruses tend to mutate faster, so every year it’s a little bit of a scramble to keep up with what the virus is doing and to counter it,” she said. “But influenza B viruses mutate more slowly and are more stable over time.”

Pandemics tend to be a problem when virus strains mutate into a new strain of virus and people are less immune to them, she added.

“Flu is dangerous,” Costello said, “and the more people who are vaccinated the better. We think of flu as sort of a mild illness, and we say it all the time — I had stomach flu or I had the flu — but unless you’ve had a fever for a week and haven’t been able to get out of bed, it probably wasn’t actually the flu.”

“We always like to advocate for flu vaccine,” Costello said. “It’s that time of year.”



CONTINUED FROM B-2

first aid.

- Feb. 4 & 11, baby-sitting.

Ongoing

Youth Sports & Fitness Youth Registration — CYS Services Youth Sports Baseball & Wrestling Program registration is open, Jan. 2-31, to keiki born from 1998-2010. Cost is \$60/per player for baseball and \$20/per player for wrestling.

First-time participants and renewals must sign-up at CYS Services Parent Central Offices. Ask the clerk about the multi-child fee reduction.

- Baseball practice is from April 1-June 19; season runs from April 25-June 20.
- SB wrestling practice begins April 7; AMR wrestling practice begins April 8.

Call your area Youth Sports office: FS/AMR at 836-1923 or SB/WAAF/HMR at 655-6465.

Tropics Renovation — The Tropics Recreation Center kitchen was closed for renovation Jan. 5. The Tropics Ono Snack Bar will be open with a limited menu serving beverages and snacks only.

The grand reopening of the Tropics Snack Bar is scheduled for April 2015 with upgraded food and beverage menus, new full bar and additional TV screens. Call 655-5698.

Safety Check — Does your state vehicle safety check expire this month? Safety checks performed on a first-come, first-served basis at the Auto Skills Center at FS or SB.